



Orchard Park Senior Center

4520 California Road
Orchard Park, NY 14127



FEBRUARY 2023

PHONE

716-662-6452

EMAIL

opsenior@orchardparkny.org

CENTER HOURS

MONDAY- FRIDAY

8:30 a.m. – 4:00 p.m.

Director

Maria Galley

Assistant Director

Linda Rankin

Kitchen Manager

Kevin Kornowicz

Receptionists

Bob
Bonnie
Maggie

Town Supervisor

Eugene Majchrzak

Council Members

Conor Flynn
Joseph Liberti
Julia Mombrea
Scott Honer

*February is
American Heart Month*



**The Orchard Park Senior Center
Will be CLOSED on
Monday, February 20th
In Observance Of President's Day**

Notes from Maria.....

Welcome to cold and blustery February! On the bright side, it is the shortest month and that much closer to March and Spring! I am looking forward to the warmer days ahead after all this wild weather.

I want to take this opportunity to thank Linda Rankin, Kevin Kornowicz, Bob Kostran, Bonnie Orlow, Maggie Sanna, Lynn Graham and the many volunteers for doing such a great job ensuring that the New Year Party at Salvatore's Italian Garden was a success after that once in a lifetime Blizzard that touched down in Buffalo, New York! Without our wonderful staff and volunteers a lot of our programs would not be possible! Thank you!

Join us at the Center as we support our Buffalo Bills! Every Friday before a Bills Game, we encourage you to join us as we dress in red, white and blue, or Bills gear here at the Orchard Park Senior Center. GO BILLS!!!!

The Senior Center will be CLOSED on Monday, February 20th



ORCHARD PARK SENIOR CENTER MEMBERSHIP INFORMATION

Becoming a member is easy

All you have to do is complete a membership form!

- ♦ Town of Orchard Park residents 55+ and/or who pay OP town taxes the membership fee is waived.
- ♦ Non-Residents - \$30 annual membership fee. Membership fee can be waived if you have Silver Sneakers or Silver & Fit. Bring your fitness i.d. when becoming a member.
- ♦ 55+ Guest Pass available for \$4.00

Membership applications must be submitted in person at the Center.

Appointments are required for all new members.

Please contact the senior center 662-6452 ext. 1 to schedule a membership orientation as an appointment is required.

CLASS / ACTIVITY REGISTRATION FORM

Class/Activity Registration forms can be found at the front desk. This form will allow the member the convenience of dropping off their form at the center to register for classes or mail the form to the Senior Center.

Registration is on a first come, first serve basis, prior to the start of class.

**You must be a member of the
Orchard Park Senior Center to register.**

- ♦ **Register via Walk-In:** Bring your completed registration form along with **EXACT** payment (cash or check) and drop off at the front desk.
- ♦ **Register by Mail:** A separate form must be filled out for **EACH** person. Make checks payable to "Town of Orchard Park". Mark envelope **CLASS REGISTRATION**. Include a self-addressed stamped envelope for class confirmation and receipt if desired.

Do not use this form to register for pickleball. Use the pickleball registration book at the front desk.

IMPORTANT PHONE NUMBERS

AARP 1-800-424-3410
EPIC 1-800-332-3742
Erie County Adult Protection 858-6877
Erie County Senior Services 858-8526
Social Security 1-800-647-9195
Town Clerk 662-6410
Supervisor's Office 662-6400
Meals on Wheels 822-2002

TRANSPORTATION

Rural Transit 662-8378

Rural Transit is a non-profit transportation organization for seniors, disabled, or income eligible residents of Southern Erie County. Riders are transported to therapy, nutrition sites, grocery shopping, with medical trips taking priority. Trips are free, but donations are accepted. Contact Rural Transit to become a rider or to volunteer.

Going Places Van 858-7433

Need a ride into Buffalo for medical appointments, physical therapy or other human services?

AUDIT A CLASS

Are you interested in signing up for a class, but you are unsure if you will like it? We encourage you to observe a class you may be interested in with a one time guest pass. You may obtain your guest pass by speaking with Maria or Linda in the office.

REFUND POLICY

Requests for refunds will be honored only if a member makes a request 5 full business days prior to the scheduled class/event start date. A \$5.00 processing fee will be applied to all class refunds.

After the session begins. NO refunds are granted except for medical reasons and or the advice of the instructor.

A FULL refund/ or funds may be placed into a members My Senior Center wallet for a course that is cancelled due to low registration. You will be notified by phone prior to the start date of the class.



**PRE-REGISTRATION IS REQUIRED
IN ADVANCE FOR ALL
CLASSES AND ACTIVITIES.
THANK YOU!**

Property Tax Discussion for Sr. Citizens

Tuesday, February 7th at 12:45pm

Property Tax Alert!!!!

Senior Property Owners, 64 years of age or older, things are changing that may affect your property taxes. The Town of Orchard Park Assessor's Office will be giving an update on those changes as well as an overview of the real property tax system. The discussion will cover two parts. **First the property valuation process and then property exemptions.**

**Tablets for \$10.01 — FREE T— MOBILE INTERNET
Wednesday, February 8th 9am – Noon**

To Qualify: you must make under \$70,000 per year.
Please BRING proof of income and picture ID to your appointment.
Schedule an appointment at the front desk

Lunch and a Movie Friday, February, 10th at 12:00pm

Join us for Lunch and a Movie! A special lunch consisting of a Muffaletta Sandwich (Salami, Ham and Bologna) and Soup with Banana Foster Dessert! All made by our Kitchen Manager, Kevin. Following Lunch stay for a little comic relief and enjoy the movie **Ticket to Paradise (PG-13).**



Cost is \$5.00

Register and Pay at the front desk to reserve your spot. Seats are limited.

Reschedule Date

UE: Personal Budgets and Inflation: How to Navigate Increased Prices Wednesday, February 8th at 10:30am

Consumer Credit counseling will be presenting on personal budgets and inflation and how people can navigate the increased prices at this time. Instructor: Robert Dunn, Vice President of Counseling, CCCS of Buffalo, Inc.

Rescheduled Date

UE: Strengthening the Canine Human Relationships Wednesday, February 15th at 1:30pm

Why does your dog do what they do? How we can understand each other better and things anyone can do with their dog to enhance the relationship. Instructor plans to bring a few dogs to the presentation for demonstration. Instructor: Dawn Bellere, Canine Obedience Trainer; AKC Evaluator.

Presidential Connections

Thursday, February 16th at 12:45pm

Join historian and Director of Interpretive Programming, Laura Fitzgerald as she shares the rich stories of many of the cemetery's "permanent residents" who had strong ties to this nation's presidents. Learn about prominent Native American Eli Parker and how he crossed paths with not one, not two but three US Presidents! Celebrate the holidays in the McKinley White House with African American steward, William T. Sinclair and learn of the many men and women who knew and interacted with Abraham Lincoln, Theodore Roosevelt, Millard Fillmore and more. Lastly, commemorate the life and accomplishments of trailblazer Shirley Chisholm who ran for President under the Democratic Party in 1972

Margarita Day Dance Wednesday, February 22nd at 1:30 pm



Let's Celebrate! Join us at the Center as we celebrate Margarita Day!

DJ Biggs will entertain us and we will serve non-alcoholic margaritas. **Cost is \$5.00.**

Pizza and Pop will be available for purchase at the concession stand from 2:00pm-3:30pm
Please pre register and pay at the front desk.

Learn to Play Bridge

Monday 1/9 - 2/13 at 11am closed 1/16

5 wk session Cost \$10.00

Have you always wanted to learn how to play Bridge? Now is your chance! In this 5 week session, areas covered include:

No trump bidding play,

Defense conventions not only for the declarer, but also the defenders. These techniques will improve your level of skills for no trump play and defense.

Let Linda or Maria know if you would be interested in a Step by Step Bridge class for never before card players.



**White Elephant
1404 Abbott Road**

**Thursday, March 2, 2023
Buffet - \$33.00**

(Price includes Tax & Tip)

Roast beef, Breaded Pork Chop, with Applesauce, Roasted Chicken, Glazed Carrots, Penne Pasta, and Herbed Roasted Potatoes, Salad, Rolls, Dessert.

Unlimited coffee, tea, and soda.

**Please call Gail Freeman at 248-766-1924
For reservations before February 16, 2023.
Assistance is available**

Upcoming Events

Spring Blood Drive - American Red Cross Wednesday, March 1st from 2-7pm

For an appointment, please visit redcrossblood.org
Or call 1-800-733-2767

Let's get Creative!

Monday, March 6th at 10:30am

Join Doris Richardson and become more creative through art and writing. Explore healing and artistic ways to help with stress, emotional wellness, and developing a life long hobby.

Cook Once, Eat All Week

Monday, March 13th 1-2:30pm

Join Maria Weber, MS, RD, SDN from active nutrition for a 90 minute healthy cooking demo. Plan & prep is half the battle! Learn to meal plan with a life-changing system that will save you time, energy and money! Using an amazing meal planning tool online and as an app for your mobile device, (Free 30-day trial included!) you will be able to meal plan for the week in minutes. With tons of valuable recipes, time-saving tips and tricks for meal prepping as well. Pre-register at the front desk to reserve your spot.



St Patrick's Day Dinner Thursday, March 16th at 4pm

Tonight will be everything green or Irish related! Everyone will receive tickets at the door to win prizes. Dress in your best green and Irish attire, brush up on your Irish history, limericks and songs because the more you participate the more tickets you will earn for our raffle prizes. Of course, a traditional corned beef and cabbage dinner will be served too. **Cost for the evening is \$15.00.** Space is limited. Pre-register and pay for your ticket at the front desk.

Coffee and Conversation with Town Supervisor Eugene Majchrzak Wednesday, March 22nd at 10am

The Orchard Park Senior Center and Town Supervisor Eugene Majchrzak invite you to join your friends and neighbors for a casual conversation over coffee. Come meet your Elected Official, ask questions, address any issues, concerns or ideas that you may have.

What do you do if you have a Medical Emergency??? Call 911! Then what?

Tuesday, April 18th at 11:30am

Find out when you join us at the Orchard Park Senior Center on April 18th at 11:30am. Meet one of the Orchard Park Fire District EMS Paramedics and find out what you can do to make taking care of you or your loved one much faster. **Learn how to perform Hands-Only CPR and use an AED (Automated External Defibrillator).** You can also learn how to treat someone who is choking. **FREE CLASS!**



Buffalo Philharmonic Orchestra Patriotic Pops

Friday, May 26th 2023

Bus departs at 8:30 am

A Memorial Day weekend tradition! Join Principal Conductor John Morris Russell and your BPO in red, white and blue musical salute to our nation and the sacrifices of our honorable servicemen and women. We will arrive at 9 am for the complimentary coffee and doughnuts. Following the concert we will make our way to a fabulous restaurant for lunch.

Stay tuned for more information on Ticket sales!

Safe Driver Academy

9:00 - 3:00 pm

Save money on your car insurance and increase your driving skills by attending a Safe Driving class. The fee for the Safe Driver Academy is \$35, payable the morning of class, cash or checks made out to "Safe Driver Academy." Arrive 15 minutes early to complete paperwork as class starts promptly at 9 am. Contact the Senior Center to register. Consider joining us for lunch. For individuals 60 and over the cost is a suggested donation of \$3.00. Reservations for lunch can be made when registering for the class.



Upcoming Classes:

Friday, February 17th	9:00 - 3:00 pm
Friday, March 17th	9:00 - 3:00 pm
Friday, April 14th	9:00 - 3:00pm
Friday, May 19th	9:00 - 3:00pm

Documentary Film & Discussion

Mondays at 12:45 pm

Join Theresa Wiater who will lead a discussion after viewing the film. Episodes are approximately 45 minutes in length followed by a discussion. Pre- Register at the front desk.

Meltdown Three Mile Island: Women and Children First Monday, February 13th

Panic strikes the community as a full-blown catastrophe looms. Locals mobilize to confront the authorities and protest the nuclear power industry.

Meltdown Three Mile Island: The Whistleblower Monday, February 27th

During cleanup at the plant, insiders claim that cost-cutting measures and intimidation tactics create a danger far worse than the accident itself.

Meltdown Three Mile Island : Fallout Monday, March 13th

Despite disturbing revelations of wrongdoing at Three Mile Island before and after the accident, the utility fights to bring the plant back online.



ART CLASSES

**supply list for classes available at the front desk*
Late registrations will not be accepted for instructed classes.*

Beginner Watercolor - Instructor Dan Meyers

Tuesdays at 10am - Noon

6 week session 2/28 - 4/4 Cost \$35.00

Beginner Watercolor 2.0 —Instructor Dan Meyers

Tuesdays at 10am—Noon

6 week session 1/17-2/21 Cost \$35.00

Have you taken Beginner Watercolor and want to explore more watercolor techniques, then this is the class for you! This class is directed towards students who may not feel confident enough to join the intermediate level class but want to use their basic skills and increase their watercolor knowledge by creating paintings. Please visit instructor's website at www.danmeyerwatercolors.com for supply list.

Intermediate Watercolor - Instructor Dan Meyer

Tuesdays at 1:00 pm – 3:00 pm

6 week session 1/17– 2/21 Cost \$35.00

6 week session 2/28– 4/4 Cost\$35.00

Continue to explore the fascinating world of watercolor as you go beyond the basics. Photo reference will be provided. Each subject rendered will be demonstrated, step-by-step by the instructor, followed by student participation. Advanced watercolorists will enjoy this course as well. Find the materials list at www.danmeyerwatercolors.com,

Art with Friends FREE

Fridays at 10:30 am - 12:30 pm

Enjoy working on your artwork? Bring your supplies in and work with others at the senior center. All skill levels Welcome! No Instructor.



Helping Hands Sewing Group

2nd and 4th Wednesdays of the Month

9am –1:30pm NEW!

You are welcome to give as much time as you wish within this time frame

Calling all experienced sewers to join this new Sewing Group who work specifically on sewing projects for donations to Children's Hospital, Family Justice Center, Roswell etc.

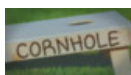
All levels of sewers welcome to join! You are not required to stay the entire time but are more than welcome to. Bring your own sewing machine if possible.

Thank you Tere for facilitating this sewing group.

Thank you JoAnn Fabrics for your generous donation of a sewing machine and tools for our Sewing group!

Beginner & Intermediate CORNHOLE

Wednesdays at 1:00pm



Cornhole is a fun game that can be played by people of all ages and skill levels. Cornhole can be played as singles or doubles. To play, each player or team takes turns tossing their bags at the board opposite of them. When a player gets a bag in the hole they score. Register at the front desk to join our fun group of cornhole players.



CARDS & GAMES:

Everyone is welcome to attend!!



Wii Bowling Mondays at 10:30am

Bridge Mondays at 12:30pm

Shuffleboard Tuesdays at 9:00am

Bingo Tuesday at 1:00pm

Card Bingo Tuesday at 2:00pm

Hand & Foot Wednesdays at 9:30am

Cards/Games Wednesdays at 12:30pm

Corn Hole Wednesdays at 1:00pm

Dominoes Thursdays at 9:30 am

Mah Jong Thursdays at 12:45 pm

NEW **Game Room** Thursdays from 11-3pm

Euchre Fridays at 10:00am

Smarty Pants Fridays at 11:00am

Mah Jong Fridays at 12:45pm

Pinochle Fridays at 1:00pm

Chess Club

Wednesdays At 1:00pm

Join us for an opportunity to play a friendly game of chess against your peers in a low stress environment. Learn beginners and advanced chess strategies to get that checkmate. This is for those who want to learn and those who have been playing for years.



February Book Club

Monday February 27th at 10:30am
“A Year Down Yonder” by Richard Peck

This book tells the story of Mary Alice, age 15, who is not excited about spending a whole year living at her Grandma Dowdel's house, but before long she becomes a willing accomplice in her outrageous grandma's schemes to run the town her own way, do good anonymously, help friends, and avenge enemies.

March Book Club

Monday, March 27th at 10:30am
“The Maid” by Nita Prose

In Nita Prose's, The Maid, Molly Gray, a hotel maid quickly finds herself caught in a web of deception when she is targeted as a suspect of the murder of the infamous and wealthy Charles Black.

Anyone is invited to come and join in the discussion!

Stay Fit Dining Program in the Senior Center

Lunch is served at noon Monday through Friday.
The suggested contribution is \$3.00.

To make a reservation for lunch please call Kevin at
662-6452 (option #3) or fill out a menu form
by Tuesday 10:00 am for the upcoming week.
Please hand forms in at the front desk.

Wed 2/1 Rigatoni & Italian Sausage with Tomato Sauce & Mozzarella, Broccoli Florets, Salad Peach Bavarian
Thurs 2/2 Breaded Pork Chop with Gravy, Lazy Pierogi Carrots, Dinner Roll, Pineapple & Mandarin Oranges
Fri 2/3 KEVINS SPECIAL - *Montecristo Sandwich with French Fries, German Cucumber Salad and Brownie*
Register at the Front Desk by 1/31. Cost \$3.00

Mon 2/6 Breaded Chicken Breast with Herb Gravy, Spanish Rice, French Bean Medley, Roll, Tropical Fruit
Tues 2/7 Stuffed Shells with Tomato Meat Sauce & Mozzarella, Salad, Cauliflower, Seasoned Spinach, It. Bread, Cookies

Wed 2/8 Pork Ribette with BBQ Sauce on a Bun, Scalloped Potatoes, Peas with Red Pepper, Ch. Bavarian
Thurs 2/9 Julienne Salad, Bread, Strawberry Ice Cream
Fri 2/10 Lunch and Movie— Register at the front desk
A special lunch consisting of a Muffaletta Sandwich (Salami, Ham and Bologna) and soup with Banana Foster Dessert!

Mon 2/13 Ham Steak with Pineapple, Sweet Potatoes, Creamy Cabbage with Dill, Dinner Roll, Cookies

Tues 2/14 Chicken Breast over Pasta with Red Pepper Cream Sauce, Carrots, Grape Juice, Chef Salad, Roll, Cheesecake with Chocolate Sauce

Wed 2/15 Beef Stew, Brussels Sprouts, Biscuit, Cinnamon Applesauce, Chocolate Milk

Thurs 2/16 Turkey with Gravy & Cranberry Sauce, Mashed Butternut Squash, Bean Casserole, Bread, Straw. Bavarian

Fri 2/17 PRESIDENT'S DAY MEAL Stuffed Pepper with Meat Sauce, Garlic Mashed Potatoes, Broccoli Florets, Dinner Roll, Apple Pie with Whipped Topping, Marinated Beet & Onion Salad

Mon 2/20 No MEALS SERVED**Building Closed in Observance of President's Day**

Tues 2/21 chicken & Sausage Paella with Seasoned Rice Fiesta Corn, Fruit Punch, Chef Salad, Chocolate Éclair

Wed 2/22 Vegetable Quiche with Cheese Sauce, Seasoned Spinach, Harvard Beets, Honey Bran Square, Mandarin Oranges

Thurs 2/23 Roast Beef with Pepper & Onion Gravy & Horseradish, Cheesy Mashed Potatoes, BBQ Lima Bean Bake, Rye Bread, Fresh Banana, Chocolate Milk

Fri 2/24 Beer Battered Fish with Tartar Sauce, German Potato Salad. Mixed Vegetables, Cornbread, Ambrosia, Coleslaw

Mon 2/27 Rotini & Meatballs with Tomato Sauce & Shredded Mozzarella, Cauliflower, Seasoned Spinach, Tapioca Pudding

Tues 2/28 Breaded Chicken Breast with Buffalo— Style Sauce on a bun

Stay Fit Frozen Meals (Meals will need to be picked up on Monday Morning Between 10:00-10:30AM)

We're pleased to offer 3 or 5 pack varieties of frozen meals through Erie County Stay Fit Dining Program. A roll, milk and dessert is included with each meal.

Call Kevin at 662-6452 option #3 for more information.

Medicare Advantage Plans

Meet one on one with insurance representatives

Univera

Tuesday, February 21st from 10am -1:00pm

Highmark BlueCrossBlueShield

Wednesday, February 8th from 9:30am - 11:30am

United Healthcare

Thursday, February 9th from 10-Noon

SENIOR GROUPS

In addition to the Senior Center activities and programs, the following groups offer social events, escorted trips locally in the U.S and the world!

Trips are posted on the travel

bulletin board at the center across from room 118.

Hillcrest Senior

Meet the 2nd and 4th Thursday of the month at 1:30PM

Co-Presidents, Sally Stoner at 716-861-2246

& Maura Kraus at 716-825-3399

For Travel info. contact Richard Jones at 716-827-7074

Orchard Park Senior

Meet the 1st and 3rd Wednesday of the month at 1:30PM

President, MaryAnn Notto 716-825-6460

For Travel info. contact Al Groth at 716-662-2140

**AN AFTERNOON AT THE MOVIES**

at 1:00 pm

Spend an afternoon at the movies.

50¢ includes bag of chips or popcorn

Pre - register at the front desk to attend

Wed. 2/1 The Vow (PG-13) Paige and Leo are a happy newlywed couple whose lives are changed by a car accident that puts Paige in a coma. Waking up with severe memory loss, Paige has no memory of Leo. Leo endeavors to win her heart again and rebuild their marriage.

Thurs. 2/2 A California Christmas - With his carefree lifestyle on the line, a wealthy charmer poses as a ranch hand to get a hardworking farmer to sell her family's land before Christmas.

Wed. 2/8 SHOTGUN WEDDING ® Darcy (Jennifer Lopez) and Tom (Josh Duhamel) gather their families for the ultimate destination wedding but when the entire party is taken hostage, "Til Death Do Us Part" takes on a whole new meaning in this hilarious, adrenaline-fueled adventure as Darcy and Tom must save their loved ones—if they don't kill each other first.

Wed. 2/15 Lyle, Lyle Crocodile (PG) After moving to NYC, the Primm family's life changes when they discover, Lyle, a singing crocodile.

Wed. 2/22 Letters to Juliet (PG) In modern Verona, where women seeking their Romeos leave letters to Juliet, a young writer (Amanda Seyfried) finds a life-altering 50-year-old letter.

Thurs. 2/23 The Best of Me (PG-13) From Nicholas Sparks, this is the story of high school sweethearts who find themselves reunited after 20 years when they return to their small town for the funeral of a beloved friend.

FEBRUARY SCHEDULE OF EVENTS

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
8:30 Fitness Room 9:00 Pool Shooting 9:00 Medit. & Yoga 9:00 Ladies Exercise 9:30 55+ Pickleball 10:30 Learn to Play 55+ Pickleball 11:00 Gentle Hatha Yoga w/Barb NOON LUNCH 12:30 Bridge 12:00 55+ Pickleball <u>Evening Class</u> 5:30 Zumba	8:30 Fitness Room 8:45 Mens Exercise 9:00 Shuffleboard 9:00 Pool Shooting 10:00 Beg. Watercolor 10:15 Int. Line Dance 10:30 Club 99 10:30 55+ Pickleball NOON LUNCH 12:00 Tap for Fun 1:00 Inter. Watercolor 1:00 Bingo 2:00 Card Bingo 1:00 55+ Pickleball 1:15 Stretch and Barre <u>Evening Classes</u> 4:00 Ballroom Dance 5:30 Cardio Drumming	8:30 Fitness Room 8:45 Mens Exercise 9:00 Sewing Club 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 9:30 Hand & Foot 10:00 Beginner Line Dance 10:00 Beginner Tai Chi 11:15 Inter. Tai Chi 11:30 Yoga NOON LUNCH 12:00 Beg. Pickleball 12:30 OpenCards/Games 12:30 Strength Training 1:00 Movie 1:00 Corn Hole 1:00 Chess Club 1:30 Intermediate Pickleball w/ Carl	8:30 Fitness Room 8:45 Mens Exercise 9:00 Pool Shooting 9:00 55+ Pickleball 9:30 Dominoes 10:30 Club 99 11-3 Game Room 11:30 55+ Pickleball NOON LUNCH 12:45 Mah Jong 1:00 Adv. Tai Chi <u>Evening Classes</u> 5:15 Evening Yoga with Marie 6:30 Cardio Drum	8:30 Fitness Room 8:45 Cardio Drum 9:00 Pool Shooting 9:00 Ladies Exercise 9:00 Pickleball 10:00 Euchre 10:00 Zumba 10:30 Art w/ Friends 10:45 Yoga Flow NOON LUNCH 12:00 Circuit Training 12:45 MahJong 1:00 Pinochle 1:15 BAM (Balance and Mobility Class) 2:00 55+ Pickleball
<u>Open Walking In the GYM:</u> Monday - Friday 9:00 am - 2:00pm	Billiards Room Closed 8-Ball Tournament Tuesdays 12:30pm - 2:30pm 1/24- 3/14		<u>Basketball Free Throw</u> Bring your own ball and shoot some hoops. Mon – Fri 8:30 - 9:30am Mon– Fri 11:30 -12:30pm	<u>Fitness Room Closed</u> Wednesdays 12:30-1:30pm Fridays 12:00– 1:00pm



Orchard Park Senior Center Closing Information

If you want to know if Center activities will be cancelled during bad weather, listen for “weather closing” announcements on WGRZ-TV, WKBW-TV, WIVB-TV and WBEN radio. You may also call the Center at 662-6452 or the Supervisor’s office at 662-6400 to learn if the Center is closed.

We DO NOT follow the Orchard Park School calendar or their closings.



We’re on FACEBOOK !! Facebook is an amazing way for us to stay connected, see our friends, and to share senior center opportunities and events!
LIKE & SHARE and stay connected!

TIME TO RENEW YOUR MEMBERSHIP!!!

All 2022 memberships (resident and non-resident) will expire on December 31st. Memberships may be renewed at the front desk Monday through Friday between 10 am and 2 pm.

Your membership entitles you to classes, clubs, events, programs and use of our 50,000+ square foot facility. Our facility includes a large dining room, cafe, billiard room, dance room, art room, a library (with books, puzzles, dvd’s, cd’s, and laptops), three large classrooms, fitness room, and gymnasium.

\$30.00 Annual Fee
for non- residents of Orchard Park.
Exceptions may apply.



REMINDER ...
Please remember to bring your My Senior Center Membership Tag when you come to the center. The key tag is required when you sign in for classes/events.
Replacement tags are \$1.00 each.

CLASSES

Pre-registration with payment is required for ALL session classes before the start of the class. Payment due at registration. Class registration is on a first come first serve basis. If you snooze you lose - if a class does not reach the minimum number of students the class will be canceled. Registration is for the entire session, regardless of whether a student is able to attend all classes.

Meditation & Gentle Yoga Mondays at 9:00 am

6 week session 1/23 - 3/6 Cost \$30.00 no class 2/20

6 week session 3/20 - 4/24 Cost \$30.00

You will be guided through a seated meditation followed by yoga postures that will help to improve your flexibility, strength, and balance.
(chair modifications available).

Yoga Wednesdays at 11:30 am

8 week session 1/11- 3/1 Cost \$40.00

8 week session 3/8 - 4/26 Cost \$40.00



Yoga improves breathing, increases flexibility and focuses on relaxing the entire body using meditation and stretching; your body and mind will thank you for it.

GENTLE HATHA YOGA Mondays at 11:00 am

6 wk session 1/9 - 2/27 Cost \$30.00 No class 1/16 & 2/20

6 week session 3/6 - 4/10 \$30.00

Hatha yoga focuses on posture and breathing techniques, traditionally to channel vital energy source.

EVENING YOGA with MARIE Thursdays at 5:15 pm

6 week session 1/19-2/23 Cost \$30.00

6 week session 3/2 - 4/6 Cost \$30.00

Yoga Flow Fridays at 10:45 am

5 week session 1/20 - 2/17 Cost \$25.00

6 week session 3/3 - 4/21 Cost \$35.00

No class 3/10,4/7

In this class, we will use breath to link physical yoga postures. Each class is different and postures are sequenced in a way to help increase flexibility, strengthen and tone muscles, and allow you to tune in to your body's own rhythm. Although all levels are welcome, a reasonable level of fitness/mobility is required. Students should bring a mat; a yoga block is optional but recommended.

Beginner Tai Chi Wednesday at 10:00 am

8 week session 1/11- 3/1 Cost \$40.00

7 weeks 3/8 - 4/26 Cost \$35.00 no class 3/22

Intermediate Tai Chi Wednesday at 11:15 am

8 week session 1/11 - 3/1 Cost \$40.00

7 weeks 3/8 - 4/26 Cost \$35.00 no class 3/22

Join Cynthia Swiech as she teaches you Tai Chi an Ancient Traditional Chinese practice that combines the mind, body and spirit. It is practiced today primarily for its health benefits, stress relief and relaxation. You will learn how to use meditation and deep breathing to move through a series of continuous exercises, called "forms" which resemble slow moving dance movements.

Advanced Tai Chi Thursdays at 1:00 pm

6 week session 1/5- 2/9 Cost \$30.00

8 week session 2/16- 4/6 Cost \$ 45.00

Instructor, Bill Adams will teach Tai Chi, a form of fluid movements that builds endurance, increase flexibility and balance. This one hour program is for those with some Tai Chi experience, but new students are welcome.

Men's Fitness Tue, Wed, & Thur. at 8:45 am

4 weeks session 2/1 - 2/28 Cost \$36.00

Regular exercising with others motivates you to work toward a healthy lifestyle. Take the first step in living a healthy life by showing up for Men's Fitness.

Tap Dance for Fun Tuesdays at Noon

6 week session 1/24- 2/28 Cost \$30.00

7 week session 3/7- 4/25 Cost \$35.00 No Class 4/4

For those who love tap and have tapped previously at any age, even as a child or teen, and have a firm grasp on their tap basics.

Stretch and Strength Barre Tuesdays at 1:15 pm

6 week session 1/24- 2/28 Cost \$30.00

7 week session 3/7- 4/25 Cost \$35.00 No Class 4/4

Barre class is a blend of classical ballet lines and movement with a mix of gentle muscle toning and stretching. It's a great way of keeping your body moving and opening up stiff joints as well as working on muscle memory and coordination. The foundation of the class will be standing using chairs for your barre and for seated and adapted movements as well. Some across the floor movement for basic cardio work will take place as well for a full head to toe workout.

Cardio Drumming Fridays at 8:45 am

8 week session 1/13 - 3/3 Cost \$45.00

7 week session 3/17- 5/5 Cost 40.00 no class 4/7

What Is Cardio Drumming? At its core, Cardio Drumming is a cardiovascular based, full-body workout that requires you to move and play drums along to music. Proper footwear such as sneakers is required.

Cardio Drumming Evening Thursdays at 6:30 pm

8 week session 1/12 - 3/2 Cost \$45.00

8 week session 3/16 - 5/4 Cost \$45.00

Cardio Drumming Evening Tuesdays at 5:30 pm

8 week session 1/10 - 2/28 Cost \$45.00

8 week session 3/14 - 5/2 Cost \$45.00

Zumba Fridays at 10:00 am

8 week session 1/13 - 3/3 Cost \$40.00

7 week session 3/17- 5/5 Cost 40.00 no class 4/7

This full body workout uses movement and steps to condition and tone your body. Workout to current hit music and your favorites from the past.

This is a great class for all fitness levels.

20/20/20 Monday at 5:30 pm

8 week session 3/13 - 5/1 Cost \$40.00

Join us for 20 minutes of cardio, including some Zumba movements, 20 minutes of resistance, strength training/ weights, and 20 minutes of stretching. Improve your tone, endurance and balance—with inspiration! Oh, don't forget, burn calories too! Please bring hand weights and a floor mat to class.



NEW CLASSES

Beginner Tai Chi Wednesday at 10:00am

8 week session 1/11– 3/1 Cost \$40.00

7 weeks 3/8 - 4/26 Cost \$35.00 no class 3/22

Are you interested in trying Tai Chi, but intimidated by more advanced classes? This class may be a good place to start. Tai Chi is an ancient martial art that concentrates on slow, gentle movements. Numerous benefits of this "moving meditation" include improvements in balance, strength, agility and flexibility, cognitive ability and immune function, along with reductions in blood pressure, joint pain and risk of falls. You will learn movements of the Yang 24 Short Form, along with basic principles, using a relaxed approach to guide you towards achieving the benefits of this ancient art. Wear comfortable clothes that allow you to move. Shoes are optional, but please wear socks!

Circuit Training Fridays at Noon-1:00pm

6 wk session 3/3 - 4/21 Cost \$48.00 No Class 3/10, 4/7

Circuit training is a fantastic workout that's great for everyone, regardless of fitness level. We will move through a variety of exercises at separate stations and you take on each exercise at your own pace. Each class will be different and may include cardio and weight machines, bodyweight and handheld weight exercises and some mat exercises.

Instructor: Jennifer Johnson

BAM! – Balance and Mobility Class

Fridays at 1:15 pm

6 week session 1/13 - 2/17 Cost \$30.00

6 week session 3/3–4/21 Cost \$20.00

No Class 3/10, 4/7

BAM! incorporates strength, balance and mobility exercises that prepare your body for everyday activities. This class includes multiple-muscle and multiple-joint movements that will help you do real-life, everyday things like lift, bend, twist, squat and haul! We'll end every class with a fun obstacle course and some flexibility exercises.

Personal Training Appointments

Fridays in February from 12-1pm

Cost \$35.00 per hour

Personal training sessions will be available to members in the Fitness Center. Members can meet one-on-one with a personal trainer to set fitness goals, learn how to use equipment or create an exercise program designed for your needs. Sessions will be semi-private - other members may be using the fitness center at the same time, but the trainer will be working only with you. Individuals or couples welcome.

Intro. To Strength Training with Cindy

Small group (8)

Wednesdays at 12:30 - 1:30 pm

8 week session 1/11 - 3/1 Cost \$64.00

8 week session 3/8 - 5/4 Cost \$64.00

No class 3/22

Are you new to the fitness center? Do you find all those machines and weights intimidating? You probably know that strength training is essential for all stages of life, but is crucial as we age. This new class, might be just what you're looking for! In these judgment-free sessions, you'll learn about your different muscle groups and how to exercise all of them safely and efficiently, and in a variety of ways. You'll learn how to set up and use the Synergy machine and the TRX suspension trainer, as well as how and when to use dumbbells, kettlebells or just body weight.



PICKLEBALL

All members must sign up in person in the pickleball sign up book at the front desk prior to the day of play to attend. See

Calendar on page 7 for days and times!

Cost per session \$4.00, please pay at desk the day of session and bring exact payment. No Entry to pickleball courts more than 15 minutes prior to play.

Pickleball Lessons with Carl Cost \$4.00 per session Mondays at 10:30am

Level 1 (Beginner) - To understand the court, the lines, the line rules, the serve, the game shots

Level 2 - to concentrate on serving skills and game shots in a more consistent manner.

Wednesdays at 1:30pm

Intermediate - Focus on perfecting all four game shots as well as both serves, partnering, defense and spinning shots where you need to.

ADDITIONAL WEEKLY SCHEDULED EVENTS

No Registration required

Intermediate Line Dance Tuesdays at 10:15 am

Cost is \$3.00 per class - pay the instructor

Line dancing is a fun dance performed solo or in a group to country music. It is typically danced in a line with other dancers, making it excellent for someone without a partner. The line dance has simple steps that look great, only requiring accurate timing and foot placement.

Beginner Line Dance Wednesdays at 10:00 am

Cost is \$2.50 per class - pay the instructor

Club 99 Tuesdays & Thursdays at 10:30 am

This FREE class is a full body workout that can be done standing, seated, or a combination of both. The class uses resistance bands and light weights. Please bring your own weights

Ladies Exercise Mon, Wed. & Fri. at 9:00 am

This Free program uses stretching, aerobic and floor exercises tailored specifically for the needs of those 60+ years. Please wear comfortable clothes, bring a mat, light weights, and a stretch band for the class.

Open Walking in the Gymnasium

Monday - Friday 9:00am - 2:00pm

FITNESS ROOM

Monday - Friday 9:00 am - 4:00 pm

Monday - Thursday 4:30 pm - 8:00pm

As a member of the Orchard Park Senior Center you have the benefit of using the fitness room. Prior to using the fitness room you must complete a fitness room orientation, have a signed fitness room waiver on file, and read a copy of the rules and regulations. Contact the front desk to schedule a fitness room orientation.

Fitness Room Closed

Wednesdays 12:30-1:30pm

Fridays Noon - 1:00pm

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-659-1986 (TTY: 1-800-662-1220). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-659-1986 (TTY: 1-800-662-1220).

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**Mark Your Calendar...
Coming in March**

Holistic Health Series

Holistic Health is an approach to life, rather than focusing on illness or specific parts of the body. This ancient approach to health considers the whole person and how he or she interacts with his or her environment.

Holistic Health

Thursday, March 23 at 10 am

Presented by: Jennifer Johnson from New Sky Coaching, LLC

CBD 101

Thursday, March 30th at 10:30 am

**Presented by: Marcy Ungaro & Theresa Ungaro
From Your CBD Store**

Healing Power of Reiki

Friday, March 31st at 12:45 pm

Presented by: Carolyn Potopchuk

Healthy Eating

Presented by: Joanne from Green Eats Kitchen and Juice Bar.



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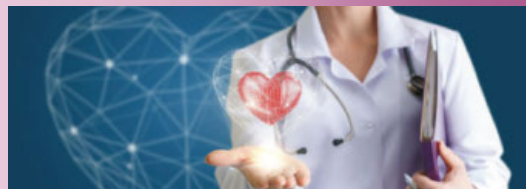
**Saturday, March 11th
8:00am – 2:00pm**

**At the Orchard Park Senior Center
4520 California Road, Orchard Park**

Screenings are open to men and women over 55. Your vascular appointment includes the following health screenings:

- * Carotid Artery Disease
- * Abdominal Aortic Aneurysm
- * Peripheral Arterial Disease
- * Blood Pressure

Screenings are FREE but registration is required. To register for an appointment call 716-662-6452 ext. 1



Orchard Park Senior Center

4520 California Road

Orchard Park, NY 14127